

One goal, planned

STARTED _____

THE GOAL

FINISH BY _____

HRS / WEEK _____

BEST TIMES

☐ Mornings

☐ Afternoons

☐ Evenings

☐ Weekends

WHERE I'M STARTING FROM

WHY IT MATTERS

MONTHLY MILESTONES

MONTH | ONE CHECKPOINT EACH, TO THE FINISH

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☐

THE NEXT FOUR WEEKS

ONE FOCUS EACH, THEN THE ACTIONS THAT MOVE IT

Week 1

OF _____

FOCUS

☐

☐

☐

Week 2

OF _____

FOCUS

☐

☐

☐

Week 3

OF _____

FOCUS

☐

☐

☐

Week 4

OF _____

FOCUS

☐

☐

☐

SUPPORTING HABIT

HABIT _____

☐ Every day

☐ Weekdays

☐ 3× a week

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TIME BLOCKS & ONE-OFF TASKS

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M

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TIME _____

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